



# WHEN LIFE GIVES YOU LEMONS MAKE LEMONADE [GIVETOGILDAS.CA](http://GIVETOGILDAS.CA)



## *Pressing forward*

*August 2020*

This long journey of discovery has entered a new chapter now that our region is into Stage 3, and with an improving trend overall in our province we are starting to cast our eyes to what certainties we can realize from an uncertain future.

This journey has not been fun, and there are numerous bitter moments that can be easily referenced, but it is time to start squeezing this COVID-19 lemon in return and start looking towards some sweeter days ahead.

The Board and staff have been working hard to maintain a strong focus on ensuring that our Cancer Support Program could be innovated and adapted to safely serve our members and keep our **Red Door Open** with virtual support. The impact of our Cancer Support Program is being felt across the province as a result.

In many ways we have been fine-tuning the recipe for re-opening and the one thing that is abundantly clear to me is that we all share the responsibility for re-building our community in the months ahead. Where we can help share the connections and support for anyone out there who has yet to hear about Gilda's Club Simcoe Muskoka, and what we can do for them and their loved ones in their time of need.

The time to get involved is now and we have a number of ways for you to choose what connection works best for you. We have Gilda's Club Lemonade Stand, Red Door Golf 50/50 raffle, and several other community events starting to emerge and raising funds for our Cancer Support Program.

I look forward sharing this journey with you.

A handwritten signature in black ink, appearing to read 'AL'.

Aaron Lutes  
Executive Director

# Virtual Clubhouse & Program Activities

**AUGUST**  
at 4:00 PM

MON	TUE	WED	THU	FRI
<b>CLOSED CIVIC HOLIDAY</b> 3	4	5 10-10:45 Journaling Group 1-2:30 Facing Forward Support 3-3:45 Gentle Stretch	6 3:30-4:30 Let's Get Quizzicle: Trivia Social	7 1:30-2:30 Member Social
11:30-12:30 Cancer & Coronavirus Support 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support	11 10-10:45 Slow Flow Yoga 1-3 Step By Step Paint Class 3-4:30 Coping With Emotions	12 10-10:45 Journaling Group 2-2:45 Pilates 3-3:45 Gentle Stretch 6-7:30 Painting W/ Acrylics: Making Your Colours Pop	13 1-2 Youth Crystal Jewelry Making 3:30-4:30 Let's Get Quizzicle: Trivia Social 6:30-7:30 Men's Social Circle	14 1:30-2:30 Member Social
17 11:30-12:30 Cancer & Coronavirus Support	18 <b>CLOSED FOR STAFF PROFESSIONAL DEVELOPMENT</b>	19 <b>CLOSED FOR STAFF PROFESSIONAL DEVELOPMENT</b>	20 7:30-8:30 Bereaved Family Campfire	22 1:30-2:30 Member Social
24 11:30-12:30 Cancer & Coronavirus Support 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support	25 9-4 School Supplies Scavenger Hunt 10-10:45 Slow Flow Yoga 7:00-8:30 Breast Cancer Networking	26 10-10:45 Journaling Group 1-2 Graffiti Graphics 2-2:45 Pilates 3-3:45 Gentle Stretch 7-9 Youth Guided Paint Night	27 3:30-4:30 Let's Get Quizzicle: Trivia Social 11-12 Blood Cancer Networking 6:30-7:30 Men's Social Circle	28 1:30-2:30 Member Social
31 11:30-12:30 Cancer & Coronavirus Support				

Please note all activities are held virtually through Zoom.  
To register, e-mail [program@gildasclubsm.org](mailto:program@gildasclubsm.org)



## Re-Opening Survey Link



Just open the camera on your phone and point at the box above - Presto!

A small committee composed of members, Board members, staff and local medical community will be assessing Simcoe Muskoka District Health Unit data and details to guide re-opening with carefully measured steps.

Like many initiatives during this pandemic there will be room to improve, adapt, and to be heard.

If you cannot access the survey? via the QR Code above, simply click on this [link](#).

Questions can always be directed to Executive Director [Aaron Lutes](#)

## SUPPORT GROUPS

**Family & Friends Support**  
For those who are caregiving for someone with a cancer diagnosis.

**Circle of Life Support**  
For those living with an advanced stage/terminal cancer diagnosis.

**Cancer & Coronavirus Support**  
For those who were diagnosed and/or receiving hospital-based treatment during the COVID-19 pandemic.

**Breast Cancer Networking**  
For those with a breast cancer diagnosis. This monthly group is a chance to connect with others in a similar situation, ask questions, and share your wisdom.

**Blood Cancer Networking**  
For those with any blood cancer diagnosis. This monthly group is a chance to connect with others in a similar situation, ask questions, and share your wisdom.

## CREATIVE CORNER

**Graffiti Graphics**  
Join Kim for a virtual arts experience using your own materials at home. We will be creating abstract graphic designs with a focus on drawing a variety of interesting and visually appealing lines & word art.  
**Materials needed:** pencil/eraser, piece of paper (any size), and your choice of paints, pencil crayons, crayons or markers to add colour.

**Painting w/ Liquid Acrylics: Making Your Colours Pop**  
This class will involve creating colour combinations in both abstract and landscape paintings that will guide you to a finished work of art. No experience necessary!  
**Materials needed:** Acrylic paints (white, black, red, blue, yellow); paintbrushes of various sizes, palette or disposable plate to mix paints upon, and 2 pieces of cardstock or paper.  
\*Materials kits are available at the Clubhouse- please enquire when registering!

**Step By Step Paint Class**  
Join Vivian for a guided paint lesson, no experience necessary! Use your own materials from home, or enquire when registering to arrange a materials kit pickup.

August

## WORKSHOPS

**Coping With Emotions**  
Please join Program Director Sara & MSW Practicum Student Shannon for this discussion on how to cope with emotions when they become too overwhelming. Using the Dialectical Behavioural Therapy (DBT) model, you will leave this virtual workshop with new skills on how to make your emotions work for you, instead of against you! Whether you are coping with anger, guilt, sadness, anxiety, or any other painful emotion, this workshop is for you!

## SOCIAL ACTIVITIES

**Men's Social Circle**  
Calling all MENbers! This informal group is a chance for you to meet other men directly impacted by cancer, share wisdom, and find brotherhood in other men who "get it".

## MOVEMENT CLASSES

**Slow Flow Yoga**  
Join your Gilda's Club community for this relaxing yoga class, from the comfort of your own home! Perfect for beginners, enjoy gentle movement that supports relaxation and overall wellness.

**Gentle Stretch**  
Enjoy a gentle warm-up followed by a restorative full-body stretch. All levels of mobility welcome and class can be done from a chair if needed.

**Pilates**  
Focus on form and alignment. This class is ideal for all fitness levels, is easily modified for those with physical limitations, and helps promote core strength, stability, and overall wellness.

## YOUTH & FAMILIES

**Youth Crystal Jewelry Making**  
Ages 10-17  
This activity is for any member ages 10-17 looking to make some crystal beaded jewelry. Materials kits will be distributed prior to all activities so be sure to sign up to wear new, handmade pieces that you can make alongside friends!

## SOCIAL ACTIVITIES CONT'D

**Journaling Group**  
Join Program Coordinator, Erin, and your fellow members as we explore journaling as a group. This weekly class will highlight the benefits of journaling and feature both public and private journaling prompts. Each class will require a pen and a notebook.

**Let's Get Quizzicle**  
This virtual, informal and fun trivia social will be sure to test your knowledge! Join as an individual or invite the whole household. You might just leave with the top prize: bragging rights!

**Member Social**  
Join your Program Staff and fellow members as we virtually say 'hello', connect and check in. We may have to be physically distant but that does not mean that we have to be socially distant.

## YOUTH & FAMILIES CONT'D

**Bereaved Family Campfire**  
This campfire is for any families who have been bereaved and are looking for ways to virtually connect with other families who 'get it'. S'mores kits will be distributed for a sweet snack while you virtually socialize and connect with other members!

**School Supplies Scavenger Hunt**  
For children ages 4+ plus parents/guardians/ additional family members  
The school supplies scavenger hunt is the perfect way to get your family ready for back to school. This scavenger hunt will be held outside of the clubhouse and you can book a time slot for your family to limit any large group gathering!

**Youth Guided Paint Night**  
Ages 10-17  
This art class is for any member ages 10-17 who wants to paint! As always, there is no artistic skill level required, this instructional paint night will have something for everyone!



# Red Door Golf Fundraising Raffle

GILDA'S CLUB SIMCOE MUSKOKA

# RED DOOR GOLF FUNDRAISER

PRESENTED BY



LORRIMAN STURGEON  
WEALTH MANAGEMENT GROUP



**DRAW DATE AUGUST 28, 2020 AT 12PM**  
**AT GILDA'S CLUBHOUSE (10 QUARRY RIDGE RD)**

## 50/50 JACKPOT DRAW

Tickets \$20 each

1000 tickets to be sold

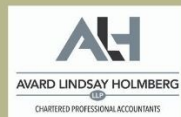
Lottery licence #M473923

To make a donation of \$100, \$200 or any amount, or to purchase 50 / 50 tickets, please call 705 726 5199 or email [cybele@gildasclubsm.org](mailto:cybele@gildasclubsm.org)

Tickets available for purchase in person @ 10 Quarry Ridge Rd., Barrie ON  
See website for further information.

[www.gildasclubsimcoemuskoka.org](http://www.gildasclubsimcoemuskoka.org)

Thank you to our sponsors



Dr. Margaret McGillis  
Orthodontic Specialist



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## Community Events and Activities

YOU'RE INVITED TO

# GILDA'S GLAM FUNDRAISER

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JULY 30 - AUGUST 13



## Honda Waterfront

5K • 10K • HALF MARATHON

BARRIE, ON

SUPPORT YOUR LOCAL CHARITY

Visit their [Website](#) to find out more about the 2020 Honda Waterfront Virtual Run September 1<sup>st</sup> to 30<sup>th</sup>

**Pizzaville**  
— STONE BAKED PIZZA —

**\$10 OFF** your order  
and \$5 to **Gilda's Club**

Valid at any Ontario location  
until Dec 31, 2020

Unique Coupon Code required - limited supply!  
Valid with Online order or Pizzaville App orders of \$25 or more.  
[Email us](#) to get a scan of your Unique Coupon Code **TODAY!**

## Ways to Give - Monthly Giving

At Gilda's Club, our goal is to change the cancer experience for anyone whose life has been touched by cancer.

By joining our **Gilda's Givers Monthly Giving Club**, you are helping to ensure no man, woman, child or teen has to face cancer alone in our community.

A regular donation supports the Cancer Support Program, affecting all aspects including educational lectures and interactive workshops, to intimate support groups and lively social activities. Your gift allows us to continue innovating the program.

How much can you donate each month? Any amount you want!  
\$10, \$20, \$50 or \$100, and anywhere in-between or more!  
**Every dollar counts!**

Become a Gilda's Giver today! Visit [www.gildasclubsimcoemuskoka.org](http://www.gildasclubsimcoemuskoka.org) to join.



### BOARD OF DIRECTORS

Ruth Watson- Board Chair  
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Eleanor Dath  
Patricia Gilbert  
Michael Gleason  
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Kathryn Whitehead  
Jody Wood-Martin  
Natalie Ferguson  
Recording Secretary



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### STAFF

Aaron Lutes  
Executive Director  
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Operations Manager  
Sara Desroches  
MSW, RSW, Program Director  
Cybele Gorrissen  
Events & Fundraising Coordinator  
Erin King (Browning)  
BSW, RSW, Program Coordinator  
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& Family Coordinator